



Don't forget your toothbrush!



Kent Community Health
NHS Foundation Trust

Who are we?

We are from the community nursing team and we have come to talk about how to look after our teeth.

Natalie

Kelly

Why do we need to look after our teeth?



Teeth affect our appearance

This celebrity Shane MacGowan lost all of his teeth because he didn't look after them.



Other people don't look after their teeth either...



Teeth can get stained, decayed or even fall out!...
which affects your smile.

These people do look after their teeth...



And what a difference it makes!

Eating the wrong foods and not brushing your teeth properly can result in ...



A build up of plaque, especially on the back of your teeth.

This can lead to gum disease and tooth decay.



Good tooth/bad tooth



OR



Foods that can hurt our teeth



What does your tooth brush look like?



OR



What should you use to clean your mouth?



A Tooth brush –
Manual or Electric.

Toothpaste – a pea size amount.



Some people may be
prescribed toothpaste
that contains more
Fluoride if they have a lot
of or risk of tooth decay
or cavities.



Dental floss

Gets the bits of food out that get stuck between your teeth, and can help get rid of plaque along the gum line.



Mouth wash

Mouthwash can help to prevent tooth decay.

Its best not to use it straight after brushing your teeth as it will wash away the fluoride in the toothpaste left on your teeth.

Choose a different time to use mouthwash, such as after lunch.



Other tools

Oral irrigators



interdental brushes



Special
toothbrushes

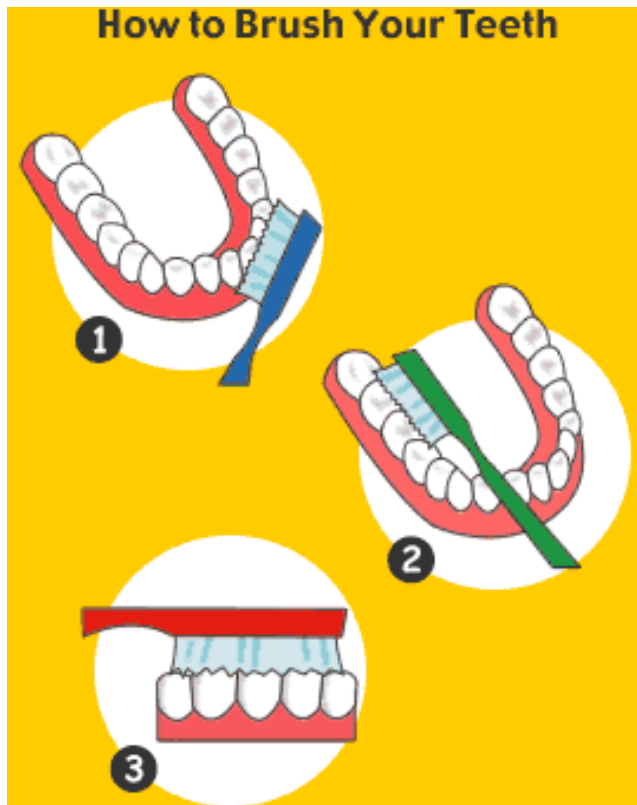


Video

- <https://www.youtube.com/watch?v=TU9kffoAQ8U> Tim peak brushing his teeth in space

Brushing our teeth

- Demonstration



Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.



Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion. Move brush to the next group of 2-3 teeth and repeat.



Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth & rolling motion along all of the inner tooth surfaces.



Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.

Practical

You have a go!

Disclosing Tablets

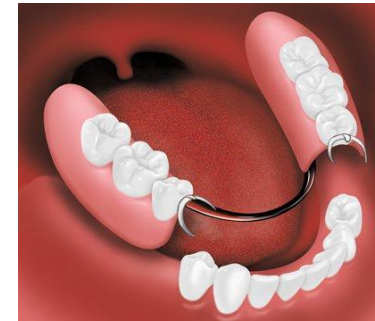


- **New Plaque =**
Red/Pink
- **Old Plaque =** **Blue**

- Brush your teeth first...Chew a tablet, get it all around your teeth then rinse to discover how well you brushed your teeth.
- **Brush again to remove all stain.**

Dentures

- Dentures are false teeth, they can be full sets of teeth or just some teeth. They are for when people lose their own teeth.
- Dentures need to be looked after too.
- Clean the dentures and your gums!



The dentist



- You should visit the dentist twice a year for a check up.
- They will look in your teeth to check that they are ok.
- If you have any pain, tell the dentist and they will be able to help.



Work book

Quiz



Should you go to the dentist twice a year?



Should you brush your teeth for two minutes?



Is sugar bad for your teeth?



Do your adult teeth grow back?



Is smoking good for your mouth?

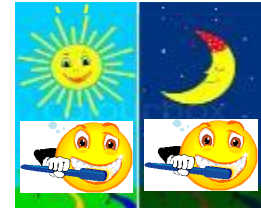


Will your teeth fall out if they are not looked after?



More questions

✗ Should you brush your teeth only once a day?
No... you should brush them both morning & evening



✓ Are fizzy drinks bad for your teeth?
Yes...even 'no added sugar' fizzy drinks are bad!



✓ Are false teeth called Dentures?



✗ Should you brush your teeth with golden syrup?
No ...You should use toothpaste!



✓ Will your breath smell if you don't brush your teeth?



Picture quiz

- Are these good or bad for keeping your teeth looking good?



How to contact us:

We are based at:


Montague house
Tunbridge wells
Kent
TN11EZ

Worrall House
30 Kings Hill Avenue
West Malling
ME19 4AE.



03000 410333

One week challenge!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 							
Night 